



# Information for Tricare PRIME Beneficiaries *You and Your Primary Care Manager*



*Your health is a shared responsibility between you and your provider/ Primary Care Manager (PCM). It is important that you work with your PCM to coordinate all of your healthcare needs.*

## **Your PCM Will**

Help you maintain and improve your health and monitor your health needs over time.

Support wellness, help you adopt lifestyle changes to promote good health; identify disease preventive screening tests; and manage your urgent, routine, and episodic healthcare needs.

Evaluate any need for specialty care, arrange for referral when appropriate, and manage chronic diseases if they arise.

## **Your Responsibilities**

Stay informed about your own health issues.

Adopt healthy lifestyles and change behaviors to improve your health.

Learn about preventive health measures and schedule those preventative examinations and tests.

Always leave or return your medical record to your PCM support team in the clinic before you leave the facility.

## **What is Different?**

You are now assigned to one provider, rather than being assigned to a clinic for your care.

Your PCM is supported by a group of healthcare professionals who are also familiar with your healthcare needs (including other providers, nurses, nurse educators, and case managers).

If you have a chronic disease or medical condition such as diabetes, emphysema, or heart disease, you may be assigned to a case manager who will provide you with information, work with your PCM to customize a care plan, and monitor the effectiveness of that care.

Your PCM will help you become better informed about how to decide between self-care, routine medical care, or emergency care services. You are also encouraged to become a more informed consumer of healthcare services and will learn to take care of yourself for minor conditions like a cold.



### **Primary Care Management**

*means that one provider, supported by a team of other healthcare professionals, will oversee all your healthcare needs and guide you in maintaining and improving your overall health and well being.*